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Study on Mental Health of Urban and Rural Living Transgender

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ABSTRACT

This study is an attempt to examine the Mental Health of Urban and Rural living Transgender. Transgender's living in urban and rural areas were selected for this research. Total number of sample was 70. Sample was divided into 2 parts 35 transgender from urban living and 35 transgender from rural living in West Bengal. There are 6 dimensions are used to find out the levels of mental health. The data was collected by using the Mental Health Inventory (MHI) Dr. Jagdish and Dr. A.K. Srivastava. Six dimensions were used to find out the level of mental health. The urban living Transgender's mental health mean= 149.11 and SD= 21.18 show that there mental health level is poor, while the rural living Transgender's mental health mean = 147.06 and SD= 20.89 show that there mental health level is also poor. Findings show that their mental health is in a bad state due to too much rejection, isolation, harshness, hearing derogatory words. May be this study will be helpful for the government for making the polices and enhancing their living, their acceptance from the society, good facilities and better life in ground level work.

Keywords: Mental health; Urban living; Rural living; Transgender; Society; Poor; Isolation; Better life; Good facilities; West Bengal.

1. Introduction

1.1. Transgender

Individuals who are not accepting themselves by their own sex they are gifted by birth. Transgender is kind of a person who refuses their socially allocated gender. They usually do not fit in the group of men and women. Their identity or gender manner does not match according to their assigned sex. They are known as genders binary also they are known as a person of transsexual or Hijra. In different community people call them in different name like 'Shiv Shakti' in Andhra Pradesh, 'Kinner' in Northern area, 'Aravani' in Tamil Nadu and in Maharashtra and Karnataka transgender as known for the servant of goddess Renuka Devi are 'jogtas'. Generally transgenders found between two categories male and female. They own both masculine and feminine person in same body. As per Indian Supreme Court transgender are considered as third gender people since 15 April 2014.

In Vedic era of Hindu mythology transgenders were termed as Tritiya-Prakriti or people of third sex. First we have to know the gender of human being according the nature in Vedic era.

- Pums Prakriti or Male.
- Stri Prakriti as consider Females.
- Tritiya Prakriti as Third Gender.

Tritiya Prakriti (transgender) is not defined by physical appearance alone but also by the mental and social definition of the terminology. Third gender people were divided into many characteristic and still they are visible in today's society. They are such as gay males, lesbians, mixed males, female nature (effeminate male, masculine females). According to Vedic literature these third sex people are divided into five different types due to neutral gender are called Napumsaka.

1. Children.

2. Elderly.

3. Impotent.

4. Celibate.

5. Third gender.

6. They did not engage in many sexual intercourses/reproductions. These are included in a non-reproductive category. Whichever they plays an important role in maintaining a balance between human and nature.

In today's society people are from third genders are not getting proper facilities or opportunities. Such as education, family, health care, mental health, proper employment and other social essentials. They are suffering from health issue like HIV infection because lack of education they are mostly thrown into the sex worker without any precaution. Also they are suffered from mental illness such as depression, anxiety and also they are high in suicide rates due to much discrimination. Due to lack of employment their financial status is decrease. For all circumstances, the Supreme Court and government made some rules and fundamental rights for them. The rights such as their gender identity and certain rights in this society so that they do not face certain social problems further more.

1.2. Mental health

Pressure on mental health has increase for last few years. Mental health is a state of our well-being, where person come to know their abilities to cope up with stress, know their work creativity also make input in their societies and build their own opinion for healthy life. Mental health affects our emotions, behavior and psychological aspects. Mental health is very important in everyone's life from childhood and adolescence through adulthood. Mental health is similarly important as physical health. Such as if a person is suffering from any chronic disease that person can have high risk of mental illness equally depression also increases the risk for many types of physical health problems. Experiencing difficulties for a longer time can change mental health. When a person stretch their capabilities coping capacity, their mental health could be effect. According to WHO worldwide almost 450 billion people are facing difficulties with their mental health. Mental Illness and Behavioural disorder is increase 15% throughout the worldwide since 2020, means now its 12% of people suffering from mental health issue. Mainly amount of mental health issue come from low and middle income countries.

There are many reasons that affect their mental health such as Biological factors or some chemical imbalance in brain. Experiencing any type of chronic disease such as cancer or diabetes. Childhood trauma like assault, sexual abuse, discriminate etc. Using alcohol during pregnancy or using excessive amount of alcohol and drugs. People can experience different types of mental illnesses or disorders, and they can often occur at the same time. Mental illnesses can occur over a short period of time or be episodic. This means that the mental illness comes and goes with discrete beginnings and ends. Mental illness can also be ongoing or long lasting. Through the world wide people are facing huge pressure of mental health. To promote mental health, there is a need to create a supportive environment for mental health and encourage people to adopt and maintain healthy lifestyle. A society that

respects and protects basic rights is needed to be built to promote mental health. National mental health policies should not be only concerned with mental disorders, but should also recognize and acknowledge the wider issues which promote mental health. This includes various sectors like education, labour, justice, transport, environment, housing, and health.

1.3. Study Objectives

- To study the mental health of rural living transgender.
- To study the mental health of urban living transgender.
- To study the mental health of West Bengal transgender.
- To study the mental health of transgender.

2. Review of Literature

Bhattacharya, S., & Ghosh, D. (2020) studied on "Studying physical and mental health status among Hijra, Kothi and Transgender community in Kolkata, India". Data was collected using a Bengali version of Short Form-12 (N=98). They include both type of people poor health condition and good health conditions were equally divided into the study area with no significant spatial clustering. As result clearly suggested that there is immediate action need to taking care both situation physically health and mentally health among Gender Diverse Communities by not only improving awareness of their healthcare rights but also removing social and structural barriers to health programs, increasing targeted health interventions, grassroots level activism, and government advocacy.

Ali Md., M. (2021) researched on "Attitude of College and University Students towards the Inclusion of Transgender Students in Higher Education". The study includes 120 numbers of student data 60 male and 60 female. The result obtained that there is no attitude difference between of male and female students towards the transgender students in colleges and universities. But there is a difference in the attitudes of rural and urban students towards the inclusion of transgender students in colleges and universities. All over their thoughts if transgender students will study together with other student in the same collage and universities then the respect and love for transgender student will be more. And most of the students think there should be no dissimilarity between transgender students and other students. Transgender people are just like other ordinary people, this attitude is needed to be awakening to all the people.

Hunown, M.A. (2021) his research paper aim was to analyse the transgender women's effort to show their existence so that they can be accepted by the family and society. The research was conducted in family and social acceptance of transgender women in the mist of stigmatization in Indonesia with a qualitative approach, that find transgender women can prove their existence through their socioeconomic role so families and communities have no reason to reject them.

Pathak, S., Sharma, V., & Ola, M. (2020) investigated "Mental health and resilience among transgender". This study had shown that social acceptance, support from families make transgender population develops resilience and positive coping strategies with their gender identity. Still there is a need of a good number of studies that shed

the light on mental health issues among transgender people and resilience. Result found that due to discriminate with transgenders they are struggling lots of mental health issues. Therefore they come under minority group and facing a lot of issues in their lives that make them to be at risk twice than the other gender groups.

3. Methodology

This study was conducted in West Bengal. Transgenders were selected from different places like NGOs, Traffic signals, Toll Plaza and many more from urban and rural living area. The samples of 70 transgender including urban and rural living transgender were selected. Sample was selected by random sampling method. Samples were taken into 2 equal parts, 35 transgender from urban and 35 transgender from rural living.

To collect the data, I visited many places like NGOs, sex workers' places, transgender' homes, their working places and many more. They all live in different places according to their work under their Guru Maa. In the present study, we have divided 70 data into 2 parts, 35 data for rural living transgender and 35 data for urban living transgender.

4. Result and Discussion of Study

The result and discussion of rural and urban living Transgender's mental health in different dimension

Table 1. Mental Health Level of Rural Living Transgender

S.No.	Dimension of Mental Health	Mean	SD	Level of MH
1	Positive self-evaluation	27.72	4.94	Poor
2	Perception of reality	20.17	3.59	Poor
3	Integration of personality	27.39	7.02	Poor
4	Autonomy	15.69	4.1	Average
5	Group Oriented Attitude	27.33	7.31	Average
6	Environmental Competence	28.75	4.51	Average
	Overall	**147.06**	**20.89**	**Poor**

In the present study, the mental health of transgender living in urban and rural areas was observed. For this study, we used the Mental Health Inventory, and this test is divided into 6 dimensions- positive self-evaluation, perception of reality, integration of personality, autonomy, group-oriented approach, environmental competence. These 6 dimensions are used to find out the level of mental health. I have collected data of total 70 transgenders using the Mental Health Inventory (MHI) Dr. Jagdish and Dr. A.K. Srivastava.

From the Table 1 its shows the 6 dimension of mental health in rural living PSE (M= 27.72, SD=4.94, poor), PR (M=20.17, SD=3.59, poor), IP (M=27.39, SD=3.59, poor), AU (M=15.69, SD=4.1, average), GOA (M=27.33, SD=7.31, average), EM (M= 28.75, SD= 4.51 average) over all Mental Health (M= 147.06, SD=20.89 and over all mental health level is Poor.

Table 2. Mental Health Level of Urban Living Transgender

S.No.	Dimension of Mental Health	Mean	SD	Level of MH
1	Positive self-evaluation	27.86	5.11	Poor
2	Perception of reality	19.66	4.55	Poor
3	Integration of personality	29.26	8.37	Poor
4	Autonomy	16.8	6.17	Average
5	Group Oriented Attitude	27.4	4.49	Poor
6	Environmental Competence	28.06	4.08	Average
	Overall	**149.11**	**21.18**	**Poor**

In Table 2 the study find 6 dimensions of mental health in urban living PSE (M= 27.86, SD=5.11, poor), PR (M=19.66, SD=4.55, poor), IP (M=29.26, SD=8.37, poor), AU (M=16.8, SD= 6.17, average), GOA (M=27.4, SD 4.49, poor), EM (M= 28.06, SD= 4.08 average) over all Mental Health (M= 149.11, SD=21.18 and over all mental health level is Poor.

5. Conclusion

Their mental health is in a bad state due to too much rejection, isolation, harshness, hearing derogatory words. They have enough money to spend but they don't have a family, no acceptance from others, all these things affect their mental health. The government did some work for them but only on pen and paper, still a lot of development and policies are needed for their development. NGOs also have to take care of them. Tests found that transgenders did not get adequate help from the government for their job. Because of this they are forced to become sex workers, dancers, and hijras. Even till date, government didn't make any public washroom for them. It is very difficult for transgender person to use public washroom because female washroom are close for them and they are not supposed to use gents washroom.

May be this study will be helpful for the government for making the polices and enhancing their living, their acceptance from the society, good facilities and better life in ground level work.

6. Future Suggestions

1. The present study has focused on the mental health of the transgender. Future studies may focus on different psychological aspect and different types of psychological issue.

2. This study is conducted among the transgender in West Bengal. Similar studies may be conducted in National level or international level also.

3. The present study considers only rural and urban area living transgenders. Future research may focus on different level of educated transgender's mental health with more data.

Declarations

Source of Funding

This study did not benefit from grants from any non-profit, public or commercial funding agency.

Competing Interests Statement

The authors have declared that no competing financial, professional or personal interests exist.

Consent for publication

The authors declare that they consented to the publication of this study.

Authors' contributions

Both the authors took part in literature review, analysis, and manuscript writing equally.

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